WHAT IS CLAIMED IS:

1. A method of producing an acceleration on a mass which has changing magnitude and direction comprising,

rotating a mass relative to a center axis to produce a centrifugal force,

rotating the mass relative to a second axis perpendicular to centrifugal force,

rotating the mass relative to a third axis perpendicular to the axis perpendicular to centrifugal force,

and changing the magnitude of the centrifugal force on the mass.

2. A method of producing a virtual reality effect of changing acceleration direction comprising,

rotating a subject relative to a center axis,

rotating the subject relative to a second axis perpendicular to centrifugal force,

and rotating the subject relative to a third axis perpendicular to the axis perpendicular to centrifugal force.

3. A method of producing a effect of changing acceleration magnitude on a subject comprising,

creating a centrifugal force on a subject by rotating the subject relative to a center axis and,

changing the magnitude of the centrifugal force sensed by the subject.

4: A machine for creating a changing force direction and magnitude sensed by an object over time comprising:

a positioning containment for an object,

a centrifugal rotating means for rotating the positioning containment and producing a centrifugal force at the object positioning containment as a function of the rotating and,

a rotating orientating positioning means for orientating the positioning containment at a varying angles to the centrifugal force.

- 5: A machine for creating a changing force magnitude sensed by an object over time comprising:
 - a positioning containment for an object,

a means for rotating the positioning containment and producing a centrifugal force at the object positioning containment as a function of the rotating.

6:A machine for creating a changing force direction and magnitude sensed by an object over time comprising:

a positioning containment for an object,

a means for rotating the positioning containment and producing a centrifugal force at the object positioning containment as a function of the rotation and,

a rotating positioning means for orientating the positioning containment at a varying angles to the centrifugal force.